

December Newsletter

Merry Memo

2025



12 days of Health Activated



As we wrap up the year, here are twelve simple, health activated inspired habits to help support energy, resilience, and overall well-being—no partridge or pear tree required.

1. One Nervous System Reset

Begin the day with slow breathing or vagal-toning techniques—supporting the same nervous system pathways we target with chiropractic adjustments.

2. Two Daily Stretch Breaks

Mid-morning and mid-afternoon stretches can improve circulation, reduce muscle tension, and counteract long hours at a desk.

3. Three Colorful Meals

Aim for at least three colors on your plate each day.

Variety supports gut health and ensures a broader range of vitamins and antioxidants.

4. Four Hydration Reminders

Set a few hydration checkpoints throughout your day.

Even mild dehydration can impact focus, mood, and energy.

5. Five Minutes Outdoors

A quick dose of natural light helps regulate circadian rhythms, boosts vitamin D, and refreshes your mind.

6. Six Toxins Reduced

Make simple swaps: reduce synthetic fragrances, choose cleaner household products, and avoid heavily processed foods—supporting detox pathways.

7. Seven Hours of Sleep

Prioritize getting 7–9 hours of restorative sleep.

Your brain and body perform essential repair work during this time.

8. Eight Minute Walk After Meals

A short, leisurely walk after eating can support digestion and stabilize blood sugar.

9. Nine Positive Words

Say or write nine uplifting words at the start or end of your day. Gratitude and positive framing can improve emotional resilience.

10. Ten-Minute Declutter

Spend 10 minutes clearing your workspace or home.

A tidy environment supports clearer thinking and reduces stress.

11. Eleven Healthy Snacks

Keep nutrient-dense snacks on hand—nuts, fruit, yogurt, veggies, or protein-rich options—to help maintain steady energy levels.

12. Twelve Acts of Kindness

Small gestures—compliments, thank-yous, check-ins—contribute to a healthier workplace culture and lift everyone's spirits.

Active Edge Team



Make sure to be
checking our social media
for our 12 days of deals starting December 4th



SCAN TO SHOP
THE BOOST MARKET



Follow us on
Social Media!



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OFFICE NEWS - UPCOMING EVENTS & WHAT'S NEW

Meet our Newest Team Member



Hi I am Chauncey and I am an Exercise Physiologist and Wellness Coach. I have a dual NASM certification as a Certified Personal Trainer and Certified Wellness Coach. I am passionate about helping people unlock their full potential through personalized fitness, nutrition, and lifestyle strategies. My approach goes beyond just exercise by creating sustainable habits that promote physical health, mental resilience and overall well-being.

Chauncey will be joining our team as a Chiropractic Assistant!

December 9th
9:30 am - 2 pm

Emsculpt & Emsella Demo Day
FREE Trace Minerals with purchase of package
Call the office to schedule today!

January 27th
7:30am - 4:30 pm

Thermography Screening Day
Thermography provides a functional assessment of inflammation, lymphatic congestion, and vascular changes, guiding personalized prevention strategies.

Join us in wishing Andilyn and Aubrie the very best as they begin their journey to chiropractic school in the new year! Their hard work and bright spirits have meant so much to our office, and while we'll miss them dearly, we're excited to see all they'll achieve. Best of luck, ladies!

OUR TEAMS FAVORITE CHRISTMAS TRADITIONS & INDULGENCES

